# Advisory Council on Aging and Disability Services

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Creating choices for elders and adults with disabilities in Seattle-King County

TO: Advisory Council Members and Interested Others

FROM: Timmie Faghin, Chair

SUBJECT: Advisory Council Monthly Meeting

Friday, May 14, 2004; 11:30 - 2:30 p.m.

LOCATION: Sno-Valley Senior Center - (425) 333-4152

4610 Stephens Ave

(Corner of Stephens Ave & Bird St – see directions attached)

Carnation, WA 98014

### **AGENDA**

Welcome & Tour [Meet in lobby of Senior Center]

11:30 - 12:00

Isabel Jones, Tour Guide

Dr Alyssa Dirienzo, Naturopathic Physician

Introductions 12:00 - 12:05

Approval of Minutes

Timmie Faghin

Approval of Order of Agenda

# **Program Topic**

CHRONIC DISEASE MANAGEMENT AND WELLNESS ENHANCEMENT

Susan Snyder, Director of Senior Wellness Project

Karen Winston, ADS Planner

12:05 - 12:30

12:30 - 1:00

Mary Pat O'Leary, ADS Case Manager Supervisor

Buffet Lunch (\$3.00) 1:00 – 1:30

Spaghetti & Meatballs, Garlic Bread Sticks, Salad w/dressing, Dessert & Drinks







## **BUSINESS MEETING**

1:30 - 1:40 **Old Business** Report from by-laws committee Joanne Brekke Correspondence Larry Low

**New Business** 1:40 - 1:50

Nominations for City of Seattle representative to the Nominating Committee New Member Orientation (date, time place and request for members to serve as mentors)

## **Committee and Task Force Reports**

1:50-2:20State Council on Aging Joanne Brekke Planning and Allocation Thelma Coney Outreach and Advocacy Gabe Cohen Health Care Task Force Larry Verhei Tom Rasmussen HHS/City Council Legislative Forum Don Moreland **Technology Committee** Timmie Faghin Retreat Committee Larry Low

**Director's Report** 2:20 - 2:30Pamela Piering

## **NEXT MEETING**

**Topic: Cultural Competency / Sensitivity** 

Friday, June 11, 2004 12:00 - 2:00 p.m. 13th Floor Conference Room **Alaska Building** 618 Second Ave, Seattle, WA 98104 www.adsadvisorycouncil.org

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# Directions To

# **SNO-VALLEY SENIOR CENTER**

4610 Stephens Ave NE, Carnation, WA 98014 (425) 333-4152

**Total Distance:** 27.6 Miles **Estimated Total Time:** 38 minutes

## From I-90:

I-90 East past Issaguah to Preston/Fall City exit. (Exit 22)

Exit and turn left at stop sign at top of exit.

Go over the overpass and turn right at first road.

Continue through Preston to Fall City.

At stop sign in Fall City turn right and go straight over the bridge.

Get into left hand lane immediately on the bridge and take first left onto Carnation/Fall City Road, also known as Hwy. 203

Follow this road to Carnation.

Pass the middle school on the right and then pass QFC Town Center on the left.

At the second street after QFC turn left on Bird Street.

We are  $\frac{1}{2}$  block off the Hwy in a big, two story, light tan (winter mauve color) building, behind a T-shirt shop.

It is located on the corner of Bird and Stephens Ave. A parking lot is next door to the entrance on Stephens.

# From 520:

Follow 520 to Redmond. 520 becomes Avondale Road. Go past Target. Continue straight.

Turn right at Novelty Hill Road (About the 4<sup>th</sup> light).

Follow Novelty Hill Road until it dead ends at West Snoqualmie Valley Road.

Turn left at the stop sign.

Take the first right which is 124<sup>th</sup> Street. Follow it over the bridge.

Turn right on Hwy. 203 (Duvall/Carnation Road). Follow Hwy. 203 into Carnation.

Pass the elementary school on left.

Turn right on Commercial by the glass/marble business. We are  $\frac{1}{2}$  block off Hwy. 203 (Tolt Ave). Parking will be on your left.

We are the big, two story, light tan (winter mauve color) building.